

The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979

The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 47, No. 11 August 2005

Two Coyotes tops at ALS

By Tech Sgt Mike Molter
190th Maintenance Squadron

Two members of the 190th Air Refueling Wing's Maintenance Squadron earned the highest award presented by the Air Force's Professional Military Education (PME), the John L. Levitow Award. Senior Airman Lindsay Trevino and Senior Airman Grant Eastridge were presented with the Levitow Award from two separate Airman Leadership Schools (ALS) during the month of June.

Trevino earned the John L. Levitow Award from the ALS at Travis AFB, while Eastridge earned his award at the ALS at McConnell AFB. The Levitow Award signifies the student who is the most outstanding in academic and performance evaluations, and who demonstrates the highest degree of leadership and teamwork.

Being nominated for the John L. Levitow Award at a PME school is significant in itself, but being selected is an incredible achievement. Earning two John L. Levitow awards by two students belonging to the same unit within the same month is nothing short of phenomenal.

Both award recipients agreed that many of the lessons taught and learned at ALS could not have been as effectively conveyed in



Tops at Travis ALS

SrA Lindsay Trevino accepts the Levitow Award from Col. Timothy Zadalis, Vice Wing Commander at Travis AFB.

(Photo submitted)

non-resident courses. Interaction between students and instructors were the key.

According to Trevino, the interaction between all the different Air Force components, Active, Guard and Reserve to include the interaction between many varied career fields was a highlight of her experience. "Honestly, I did not know what to expect from Airman Leadership School. I did not have any expectations about it except that I wanted to graduate."

Eastridge says the course provided him many practical lessons that can be used not only for the Air Force, but in everyday life. "The interaction between Air Force components in and out of the classroom provided clarity and understanding about the importance of working as a team to accomplish the overall Air Force mission."

Trevino has earned a Bachelor of Science Degree in Sociology and a Masters Degree in Criminal Justice. She is employed by the Shawnee County Coroner's Office. Eastridge is a full-time student at Washburn University, pursuing a degree in computer science.



Top McConnell ALS Graduate

SrA Grant Eastridge is present the Levitow Award from Col. David Kramer, Vice Wing Commander at McConnell AFB.

(Photo submitted)

In-resident PME ~ Integral facet of training

By Chief Master Sgt. Robert Wilhelm
190th Maintenance Squadron

With the Total Force Concept being integrated in the Guard and the demand of the Air Expeditionary Force rotation the days of one weekend a month and two weeks a year are no longer. The War on Terrorism and Homeland Defense has shifted the way the Guard must operate. The youngest traditional to the most seasoned technician are being tasked to deploy with their active duty counterparts, but without the most up-to-date military training and education are they being setup for failure? Could this be you?

It was a typical UTA weekend for Tech. Sgt. Turnstall. His weekend consisted of watching a few ancillary videos, going to the clinic and conducting training for his assigned trainee. Guard life was grand for Tech. Sgt. Turnstall until he was notified by his supervisor that there was a need for someone in the section to deploy with an active duty unit in support of Operation Iraqi Freedom. He thought to himself, what a great opportunity to collect a big paycheck and see the sites. Why would the active duty want me to be apart of their operation?

Tech. Sgt. Turnstall arrived at his forward operating location and was immediately met by the officer-in-charge (OIC). Tech. Sgt. Turnstall was to be the night shift supervisor. He would be responsible for five airman and six NCO's. Introductions were made and everyone seemed to be on the same page with him. The OIC turned the shift over to him and informed Tech. Sgt. Turnstall that a formal debrief was required from him in the morning.

The work load was steady with an occasional break, until Tech. Sgt. Turnstall was confronted with a conflict between a Senior Airman and Staff Sergeant on his shift. The Senior Airman felt that he had as much experience as the Staff Sergeant and that he did not need to follow the orders given by the Staff Sergeant. Both had been eligible for promotion at the same time but only one was selected. Tech. Sgt. Turnstall informed both individuals that he would get back to them later, but in his mind he did not know what to do.

The OIC arrived an hour early and told Tech. Sgt. Turnstall that his formal debrief would be required and that the commander would be attending. At the debrief Tech. Sgt. Turnstall waited for his turn while many of the other supervisors presented their shifts status with skill and no room for questions. Tech. Sgt. Turnstall's presentation consisted of him reading from his note pad and ended with more questions than answers. Leaving the debrief Tech. Sgt. Turnstall realized that he was going to have to find a way to be a leader.

What could have prepared Tech. Sgt. Turnstall for his deployment? Does his home unit promote in-residence Professional Military Education (PME)? Did Tech. Sgt. Turnstall take advantage of an in-residence opportunity?

Attending in-residence PME provides everyone with the most up-to-date training in communication, managerial and leadership skills, conflict resolution, mentoring and instilling the Profession of Arms. Meeting the minimum requirements is not enough in today's military. The

enlisted force must have the training to deal with today's challenges that were previously reserved for senior leadership. Attending PME courses helps fill the gap, but more is needed. 75 percent of the Active duty enlisted force has 1-3 years of college where as the Air National Guard has 48 percent. Participation in advanced education and academics is becoming the norm rather than the exception. PME is not a replacement for college; rather college is a continuation of PME.

The Airman Leadership School and Non Commissioned Officer Academy use a phrase known as "Re-bluing." "Re-bluing" occurs to guardsmen who have been away from the Air Force frame of thinking. It gives the Total Force Concept, "Train Together, Deploy Together" vision. Graduates return to their unit's with this vision and have a willingness to promote the guard.

Today's Air Force has generated the need for a new type of leader; a leader who can quickly identify and resolve problems in a variety of situations. Today's leaders must be able to be versatile in leadership style and be able to manage a vast array of challenges. How tomorrow's leaders are trained to meet our future needs is important to commanders throughout the Air Force. In-residence PME is an integral facet of the training.



Insurance changes affecting all Coyotes

By Tech Sgt Greg Burnetta
190th Public Affairs

Starting September 1, 2005, the maximum level of coverage for Serviceman's Group Life Insurance (SGLI) will be increased from its current \$250,000 limit to \$400,000 for all members of the armed forces – active component and reserve/guard, even if they previously declined coverage or elected lesser coverage.

This means all members of the Kansas Air National Guard will automatically receive this coverage at this dollar amount unless they decline the coverage or chose to reduce the dollar amount.

Those members who choose to decline this coverage, or choose to have coverage in a lesser amount, must go to the personnel office and file the appropriate paperwork.

Service Members can now only elect SGLI coverage in increments of \$50,000. This is a change from previously being able to choose coverage in increments of \$10,000.

The cost, or premium rates, for SGLI coverage will remain the same: 6.5 cents per \$1,000, per month. That's \$16.25, per month for \$250,000 coverage. The new \$400,000 coverage will cost \$26.00, per month.

Service Members serving in Secretary of Defense designated combat operations zones will have the first \$150,000 of coverage paid for by the Department of Defense (DoD), and will only have to pay the difference associated with additional coverage beyond \$150,000.

Contact the Mission Support Flight at (785) 861-4133 to answer any questions you have about this SGLI coverage.

SGLI Costs for Air Force Service Members

Coverage Amount	Monthly Member Fee
\$50,000	\$3.25
\$100,000	\$6.50
\$150,000	\$9.75
\$200,000	\$13.00
\$250,000	\$16.25
\$300,000	\$19.50
\$350,000	\$22.75
\$400,000	\$26.00

Tuition Assistance

Tuition assistance application reminder

By Tech Sgt Greg Burnetta
190th Public Affairs

A topic of interest specifically for members of the Kansas Air National Guard attending college involves tuition assistance.

Kansas Air National Guard members eligible for tuition assistance for classes beginning Fall 2005 are reminded that after filling out all the information on your application, they must have their squadron commander sign the form and then bring a COPY of the

signed form to the Retention Office for approval. They must then take the ORIGINAL application to their school enrollment office.

It's the student's responsibility to submit the application with the commander's signature to the school no later than the third Friday in September for Fall semester classes or the third Friday in February for Spring semester classes.

This program is only available to established Kansas residents

and is only good for Kansas accredited schools.

If anyone has questions about this program they can call the Retention Office at (785) 861-4712.

Program Details — Can receive up to 100% of tuition and fees based on funding. Guardsmen will be required to serve in the Kansas National Guard for 4 years after the last payment of State tuition assistance is paid. Enlisted members only.

Prevention, communication - keys for success

By Tonya Van Sickle

Wing Family Program Coordinator

Have you ever come home after being gone three or four days, weeks, or months ready to get back into the swing of things, only to realize that life continued on without you and you better jump on board or get out of the way? Not only that, but all the problems you left behind still exist. Sometimes it is hard to remember that things continue on without you while you are gone. The money problems, marriage stress, school issues, or car problems you had before you left still exist. I challenge you to take this opportunity to approach these problems with a new found perspective.

Even in the course of a couple of weeks, life can change very quickly. You experienced things in life that changed you, as well as the people who stayed behind. Instead of treating this as a time that you could grow apart, use these different life experiences and responsibilities as a way to look at old problems in a new way. Be sure to take some time to relax and enjoy life, don't try to

tackle all the problems at once. Making a plan and taking things step-by-step can give you a sense of accomplishment, while not getting overwhelmed with all you need to do.

This gives me an opportunity to remind you of preventative classes that the Family Program Office offers. We have Parenting with Love and Logic classes that can teach you tools to help you deal with issues with children before they come up.

We also offer marriage seminars each year. Taking care of your marriage before issues arise can help you during the times that are rough. My office can also give guidance on where to find help with finances, relationships, insurance, etc.

If things start getting too frustrating, or you just want some simple hints about buying a car, buying a house, adjusting after a deployment, or how to prepare to leave -- there are resources available at the Military One Source website located at www.militaryonesource.com.

If you have something you would like to talk about confiden-

tially regarding any of these or other issues you may call 1-800-342-9647. Mental health professionals maintain this service 24 hours a day. If you need face-to-face counseling, they can help refer you to someone locally who can provide that service for you. This service is completely free and outside your chain of command.

Make sure to communicate with your family about what you and they expect while you are gone and when you return. Let the Family Program Office know about any situations that may arise while you are gone. Communicate with anyone about what MAY happen. You can't predict everything life throws your way, but proper planning gives your loved ones the tools they need in order to better deal with them.

Upcoming Family Program Events

August 6 - Volunteer Meeting

September 11 - Operation KUDOS

Changes at the Credit Union

The Kansas Air Guard Credit Union has seen several exciting changes over the last year. It has been almost a year since the credit union moved out of the headquarters building to its new location at the south end of building 662 near the Base Exchange.

April saw another big change as Jerry Grant, the credit union

manager, retired. Becky Martin was hired as the new manager. She and her assistant Mattie Chiddix have been working to update all the computers and paperwork to keep in line with other credit unions in Topeka. They have established new CD rates and are very competitive on all vehicle and other loans.

The latest change was just announced during the family day week-end in June. The credit union is now open for all members of the 190th ARW. In the past, it was only available to technicians and AGR members. Traditional members are encouraged to become members.

For more information contact the credit unit at 861-4093.

Mission Driven Mentoring

By Senior Master Sgt. Phil Mahan
190th Human Resource Advisor

Mission Driven Mentoring is being readied for members to participate in for the 190th Air Refueling Wing. Initially, mentoring focus will be in the U. S. Air Force's sixteen enduring qualities of Leadership. Later, it will encompass "content" of your AFSC area.

The process for beginning the MDM program at the 190th will be done in phases beginning August UTA, 2005. Commanders and supervisors of several work areas will be contacted in order to begin with a small number of individual who have expressed interest in mentoring to help build their leadership skills. By beginning with small numbers several things will happen. The new software will be piloted in a smaller environment in order to ensure that members of the 190th receive quality "hands on" experiences and get answers to their questions as they build confidence with the Colaboro software.

The Colaboro software was developed by Dr. William Gray of the University of British Columbia, Canada and under contract with the National Guard Bureau to implement the MDM program for the entire United States.

This initial phase will be the foundation upon which larger groups of mentors and mentees will follow. By starting small it is hoped that any questions with the software and responsibilities of mentors and mentees become more routine. Additionally, it will be advantageous to have one or two full-time members of the 190th assist with questions that arise between UTAs.

To date the reason for mentoring, the sixteen enduring leadership qualities for the Air National Guard have been printed in the "Coyote Log." Should members wish to review any previous articles, they may be found through the link of the Coyote homepage on the Internet.

Enduring Leadership Competencies

Personal Leadership

- 1-Exercise Sound Judgment
- 2-Adapt and Perform under Pressure
- 3-Inspire Trust
- 4-Lead Courageously
- 5-Assess Self

Leading People/Teams

- 6-Foster Effective Communication
- 7-Drive Performance through Shared Vision, Values, and Accountability
- 8-Influence through Win/Win Solutions
- 9-Mentor and Coach for Growth and Success
- 10-Promote Collaboration and Teamwork
- 11-Partner to Maximize Results

Leading the Institution

- 12-Shape Air Force Strategy and Direction
- 13-Command Organizational and Mission Success through Enterprise Integration
- 14-Embrace Change and Transformation
- 15-Drive Execution
- 16-Attract, Retain, and Develop Talent

Editors Note:

The mentoring website is located at
<http://angmip.colaboro.net/jsp/Index.jsp>

Community Coyotes



Aircraft Maintenance Chief Master Sgt. John Blosser dedicated his time in the month of May to deliver Meals on Wheels. Some of our fellow Topeka citizens are in need of a good hot meal and some company. Pictured (left) is CMSgt Blosser with Mrs. Harrington (who has been on the 190th route for over four years) and double checking the food prior to delivery.

Staff Sergeant Jeffrey Norling



Organization: 190th Medical Group

Job Title: Medical Technician

Main Responsibility: Assist providers in completing physical exams and giving immunizations. While deployed, my job is an emergency medical technician.

Civilian Career: State Trooper, Kansas Highway Patrol

Education: Bachelor of Science in Sociology, Emporia State University; Kansas Law Enforcement Training Center Class 146; Kansas Highway Patrol Training Academy Class 35; EMT-Basic certified.

Military Experience: Two-and-a-half years with the 190th ARW, nine years with the 1/127th Field Artillery, Kansas Army National Guard, Ottawa as a combat medic.

Goals and Ambitions: I will work for a commission after returning from my upcoming 120 day deployment. I would like to finish my career knowing I did the best I could in whatever position and rank I attain.

Hobbies and Activities: Hunting and fishing with my three children Rebekah, Aaron and Rachel and spending time with my wife Shelly and our friends.

Most Memorable 190th moment: Going to RAF Lakenheath, England in 2003 and not having to sleep in a tent like I had to in the field artillery. I also enjoy the continual building of friendships with the people of the 190th.

Coyote Heritage

Front gate is now open



Front Gate at Forbes AFB (circa 1960's - Left) and at Forbes Field ANGB (July 2005 - Right)

Our 50th Anniversary is approaching quickly. Our history must be written down in order to save them so that future members of the 190th have some idea what a proud heritage they have. Please record your story and send it to the historian's office at: 190th Historian, 5920 SE Coyote Dr., Topeka, KS 66619-5370.

Promotions

SrA

Christopher Bowling, CES
Ryan C. Current, CES
Wayne L. French, SFS
Ryan M. Hand, LRS



SSgt

Richard Eastridge, MXS
Shanna R. Meyer, AMXS
Mei Y. Suen, AMXS



TSgt

Casey Cooper, SFS
Sandra M. Foster, FM
Leslie K. Perez, SFS
Mark A. Peterson, SFS
Janet L. Wadley, SFS



MSgt

Christopher Cummings, CP



CMSgt

Nancy Stout, LRS



Appointments / Promotions

1st Lt

Amy B. Blow, MDG



\$ Finance News \$

UTA Pay Dates:

August UTA: 15 August 2005
September UTA: 15 September 2005
October UTA: 12 October 2005

190th Chapel Services



Protestant:
0800 - 0830

Latter Day Saints:
1100 - 1130

Catholic:
1345 - 1415

The Base Chapel is located on the 3rd floor of Hangar 662.

Enlistments

MSgt Steven S. Lewis, Finance
Enlistment Date: 6 June 05

TSgt Timothy P. Johnson, 190 MXS
Enlistment Date: 24 June 05

SSgt Robert L. Honea III, 117th ARS
Enlistment Date: 9 June 05

SSgt John W. Fagan, 190th MDG
Enlistment Date: 4 June 05

SSgt Jodie S. Fails, 190th CES
Enlistment Date: 23 June 05

SrA Jacob M. Haag, 190th MXS
Enlistment Date: 14 May 05

A1C Travis R. Dietrick, 190th CES
Enlistment Date: 3 June 05

A1C Colby A. Knox, 190th MXS
Enlistment Date: 3 June 05

UTA DATE CHANGE FOR OCT

New dates: 1-2 Oct 2005
(changed from 22-23 Oct 2005)

Do you want to be an Air Force Officer?

Air Force Officer Qualification
Test (AFOQT)

01 October 2005
0800

LRS Classroom- 2nd Floor Bldg. 662

Notify MSgt. Dan Fox (861-4139)

NLT 11 Sep 2005

To schedule your place for the test

Coyote Cafe Menu

Saturday August 6

Tater tot casserole
Chicken Strips
Rice
Mashed Potatoes
Carrots
Peas
Dinner Rolls

Sunday August 7

Chicken and Beef Tacos
Seasoned Potatoes
Spanish Rice
Corn
Asparagus
Breadsticks

Desserts

Chocolate Mousse W/ Vanilla Wafers
Peanut Butter cookies W/ Hersheys
Kisses
Sugar Cookies

Hotel for August

Holiday Inn



*The Adjutant General of Kansas,
Major General Tod M. Bunting,
cordially invites you to the
Anniversary Ball*

celebrating the 150th birthday of the Kansas National Guard

R.S.V.P by August 1st, 2005

to:

Headquarters 35th Division

2LT Andrew Tapley

2 Sherman Ave, Bldg 1951-Rm 43

Fort Leavenworth, KS 66027

913-758-5020

Andrew.Tapley@ks.ngb.army.mil

Saturday, August 27, 2005

6:00 P.M. Social

7:00 P.M. Dinner

Capital Plaza Hotel

1717 SW Topeka Blvd.

Topeka, Kansas

*Dress: Military Formal
Civilian Formal*

Ticket Cost: \$35.00

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THE COYOTE LOG
190TH ARW
PUBLIC AFFAIRS
FORBES FIELD (ANG)
5920 SE COYOTE DRIVE
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OFFICIAL BUSINESS



FIRST-CLASS
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To The Coyote Family of